

#### Ingredients:

1 clove of garlic ( optional)  
2 green onions with some of the green left on  
1 cup of mixed chopped herbs such as parsley, chives, sorrel, and dill

6 ounces of nonfat Greek yoghurt  
1 generous TBS creme fraiche, substitute sour cream  
1 TBS mayonnaise  
1/4 cup regular nonfat yogurt  
1 TBS or more of lemon juice.  
Salt and pepper to taste

#### Direction

Chop the garlic in the food processor until very fine. Add the washed and chopped herbs and chop them very fine. Add the rest of the ingredients and process them until smooth; season with salt, pepper, and lemon juice. The sauce will keep in a closed container for several days.